

25 years ago, in 1994, the first issue of the PrimeTimers' Club Newsletter was published!

A time when the first episode of Friends premiered, Forrest Gump was the highest-grossing film of the year, and 1ST SUMMIT BANK was still called Summit Bank.

On behalf of the directors, officers, and employees, we would like to thank you for being our loyal customers and reading all 300 volumes of this newsletter!

HOW TO BE A SOCIALLY SAVVY SENIOR

One of the perks of getting older is having more free time! With limited or no work responsibility and an empty nest, seniors today have time to explore new hobbies, new places, and fun activities.

Strangely, many PrimeTimers opt for going it alone, often suffering from isolation. Isolation affects both physical and mental health and, according to the AARP, results in roughly \$6.7 billion in additional Medicare costs.



Staying active and social are integral keys to living your best senior life. Here are some suggestions for staying active after retirement:

- ***Develop an active social circle*** – Joining the 1ST SUMMIT BANK PrimeTimers' Club is an excellent opportunity to increase your circle. From picnics and bingo to the theater, movies, and galas, this Club of nearly 5,000 members is definitely active and social. The newsletter keeps members updated on dates and times.
- ***Take a class*** – Local senior centers often have computer classes, dance classes, and exercises classes to sharpen the mind as well as the body.
- ***Surf the Internet*** – The AARP website has an extensive online community with numerous discussion topics ranging from traveling responsibly and dietary advice to analyzing the TV show "The Voice." Click on a topic and start communicating with seniors around the country.
- ***Adopt a pet*** – Animal shelters are overflowing with cuddly dogs and cats abandoned, neglected, or abused by their owners. Save an animal and have a friend for life.
- ***Travel*** - See the country with the PrimeTimers' Club! 2019 had members traveling to Savannah, GA (see pic above) and New York City. Stay tuned for the next trip...

PrimeTimers' Movie Matinees

AT WESTWOOD PLAZA THEATRE AND LATROBE 30 THEATRE ON OCTOBER 22!

To register, call 724-537-3222 for Latrobe
and 814-262-4010 or 1-888-262-4010
for Westwood.



Doors open at 11:30 AM
Showtime at NOON.



Club Member \$ 3
Adult Guest \$ 4

OUR WEBSITE ADDRESS HAS CHANGED!



On October 1st, 1stsummit.com became 1stsummit.bank.
.BANK is a way to enhance our security and provide our
customers with an easy way to authenticate our website
and to protect against identity theft.

Going forward all email correspondence will end in **.BANK**.
Visit 1stsummit.bank today and add it to your website favorites.

WEDNESDAY, NOVEMBER 6TH

Solomon Run Fire Hall

176 Mt. Airy Drive
Johnstown, PA 15904



Doors open @
1:30 PM

Bingo begins @
2:00 PM

To register call: 814-262-4010

Club Member \$1
Adult Guest \$2